



COLLEGE & CAREER READINESS FRESHMAN CHECKLIST



Name: _____

Date: _____

Graduation Date: May of _____

Are you planning on...Graduating high school? ...Going to college? ...Getting a job? Make sure you are prepared by following these steps throughout your freshman year.

Create a four-year high school plan:

- Think about what you want you'd like to accomplish in the next four years.
- Take classes recommended for college preparation. Follow the recommended [core curriculum](#) for Missouri high school students. Talk to your school counselor about scheduling classes that will help you reach your goals.

Make the most out of high school:

- Use testing information. Examine your scores and take extra courses or get tutoring assistance for weaker academic areas.
- Establish goals for each school year. Talk to your school counselor about what you should be doing in light of your college and career plans.
- Get to know your guidance counselor, and become familiar with college planning resources available at your school. Be sure to talk to your guidance counselor about:
 - Dual credit courses and how to work these into your future class schedules.

Participate in extracurricular activities, community service activities, and leadership opportunities:

- Academics aren't everything. Explore your interest in a sport, school club, music, or drama group.
- Explore and participate in community volunteer activities.
- Explore leadership opportunities in school activities and outside organizations such as the Boy Scouts, Girl Scouts, or other community groups.
- Remember that colleges would rather see real involvement in one activity instead of a loose connection to several.
- If you participate in high school sports, review the [National Collegiate Athletic Association \(NCAA\) requirements](#) for college athletes.

Become familiar with college entrance requirements and start saving:

- While particular requirements vary, every college sets some standards for evaluating prospective students.
 - How will you stand out? What will be on your application? Your resume?
- Even colleges with an open admissions policy will look at your high school record and other factors to decide which courses you will be allowed to take.
- It is worth knowing about admission requirements before you start applying to colleges.
- Your 9th grade year is also a good time to begin exploring financial resources for [paying for college](#).
 - Sign up for the [A+ Scholarship Program](#)
 - [Sturgeon School Counseling Website – Paying for College](#)
 - It is never too early to start saving for college. Every little bit helps!

Start thinking about reasons for attending college:

- What do you want to be when you "grow up" and how will college help you get there? Although college cannot be all things to all students, with proper planning it can meet your needs and expectation. High school is an excellent time to identify what you expect from college.
- Use your interests, abilities, and preferences to help you choose a career and plan your education. As you decide which colleges and major(s) interest you, keep your long-term goals in mind. Decisions about college are a part of the career planning process. For example, if you like science and technology and want to work with various kinds of physical evidence from a crime science, look for a strong biology or forensic science program. Decide what you want from life and use college as a tool to help you get there.

□ **Begin filling out your Letter of Recommendation form and creating a resume:**

- Creating a list of your high school accomplishments is a valuable thing to do beginning with your freshman year. This will help you keep track of all the activities, awards, jobs, and experiences you have during your high school career.
- When you ask for a letter of recommendation, you will be able to provide that person with a list of things you have done in high school.
- Beginning your resume is equally important. Many employers will require a resume with an application.
- Below are two links that will help you with both of these things.
 - [Sturgeon School Counseling Website – Letter of Recommendation Form](#)
 - [Missouri Connections](#)

□ **Research College and Career Options:**

- Aptitude tests or skills assessment. You may also utilize online resources such as [Missouri Connections](#), which features many assessment tools.
- Career Interest: You can also talk to your parents, guardian, or other adults to get an idea of what they like and dislike about their jobs and what kind of training or education they had to complete. You may also want to look for a summer job or volunteer position that is related to your career interests.

□ **Become familiar with College Admissions Tests:**

- Most colleges require students take a College Admissions Test such as the ACT or SAT.
- Begin researching both types of tests by visiting the links below:
 - [ACT](#)
 - [SAT](#)

□ **General Recommendations:**

- Work hard in your classes! Your GPA and class rank are factors used in college admissions and scholarships (free money)!
- Be at school every day possible. Attendance is a key factor in student academic and social success. Your attendance is also a huge factor in determining you're A+ Scholarship Program eligibility.
- Set your expectations high: Select challenging courses for your high school years. Take classes recommended for college.
- If you are having difficulty in any of your classes, don't give up! Talk to your teacher, advisor, or counselor for help.
- Read as much as you can! It will give you new ideas, make you a better thinker, and build your vocabulary. It will also help improve your scores on your college prep tests such as the ACT and/or SAT.

Helpful Links for College and Career Readiness Planning:

- <http://dhe.mo.gov/ppc/9thgrade.php>
- <https://dese.mo.gov/college-career-readiness/career-education>
- <http://www.ccrscenter.org/>